

Good Housekeeping's Casseroles & Curries



DELICIOUS SAVOURY DISHES FOR CHILLY DAYS

2/-



Fillets of Plaice à la Portugaise: see page 10



Cod à la Crème: see page 10

Piquant Crab Casseroles: see page 10



Cod Cutlets: see page 10





GOOD HOUSEKEEPING'S

Casseroles & Curries

A new book of recipes for savoury and nourishing dishes for family meals, including meat, fish and vegetable casseroles, hot-pots and pot roasts, with full instructions for making all kinds of curries and accompaniments.

Good Housekeeping's pictorial booklets cover a wide range of subjects, and include the following titles. A full list of publications will be sent on application.



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Casserole cookery, though one of the oldest methods, has many advantages for the modern cook; it requires little preparation and practically no watching, gives endless variety, and saves fuel. The attractive ovenware now on sale can be taken straight to the table, and so reduces washing-up. Casseroles which can be placed both on top of the stove and in the oven avoid using a separate pan for the initial frying demanded in many recipes; they are made of iron, with vitreous-enamelled finish, plain or decorated. Heatproof glass, porcelain and earthenware are still firm favourites, and copper utensils lined with tin are also excellent. A variety of different types of casseroles and heatproof ovenware is seen in the two-colour pictures on the opposite page. For the recipes for casseroled vegetables see page 16, and for braised duck see page 13.



1

(1) BRAISED BEANS WITH SAUSAGES

½ lb. haricot beans	½ lb. of chipolata
1 clove of garlic	sausages
3 tomatoes	Chopped parsley
2 rashers of bacon	Chutney
Seasoning	French mustard
Stock	

Wash the beans, drain, cover with water and leave to soak overnight. Crush the garlic, and slice the tomatoes. Rind the bacon and cut it into pieces. Mix together the drained beans, garlic, tomatoes and bacon, place in a casserole, and season with salt and pepper. Add just enough stock to cover, and cook in a slow oven for 3-4 hours, until the beans are tender; stir occasionally, and if necessary add a little more stock. When the dish is cooked, most of the liquid should be absorbed by the beans. Bake or fry the sausages and arrange on top of the savoury beans. Garnish with chopped parsley, and serve accompanied by chutney and French mustard.



2

(2) CASSEROLED BEEF AND TOMATOES

1½ lb. steak	1 tbsp. piquant table
Seasoning	sauce
1 oz. dripping	½ lb. peeled tomatoes
1 onion	A small head of celery
1 heaped tbsp. flour	Mashed potato
½-¾ pint stock	Parsley

Trim the steak, cut into even-sized pieces and season with pepper and salt. Melt the dripping in a flame-proof casserole, slice the onion finely and fry till soft; add the steak and sprinkle with flour, then brown all together. Add the stock and sauce, bring to the boil, stirring meanwhile, skim if necessary and add the tomatoes, cut in pieces. Sprinkle chopped celery over the top, cover, and cook slowly in a moderate oven, or on the top of the stove for about 1½ hours. To serve, either pipe mashed potato round the casserole, or serve on a plate with a border of mashed potato. Sprinkle with chopped parsley, or garnish with parsley sprigs.

MEAT CASSEROLES

BOSTON CASSEROLE

- | | |
|--------------------------------|----------------------------|
| 6 oz. haricot beans | 1 tbsp. sugar |
| $\frac{3}{4}$ -1 lb. salt pork | 1 tbsp. treacle |
| 2 stalks of celery, sliced | $\frac{1}{2}$ tsp. mustard |
| 1 large carrot, sliced | Pepper and salt |

Soak the beans overnight, then drain. Place pork in a casserole, surround it with beans, then add other ingredients, with enough water just to cover. Put on lid and bake in a slow oven about 4 hours, adding water from time to time if necessary. About 1 hour before casserole is ready, remove lid and raise pork above other ingredients. Return casserole to oven and continue to cook until pork is crisp.

(2) BELGIAN CARBONNADE OF BEEF

- | | |
|---------------------------------|---------------------------------|
| 4 onions, sliced | $\frac{1}{4}$ pint tomato sauce |
| 2 oz. dripping | $\frac{1}{2}$ pint brown gravy |
| $\frac{1}{2}$ lb. stewing steak | Seasoning |
| 1 pint beer | A bouquet garni |

Fry the onions until brown, then remove from pan and fry the cut-up meat. Remove meat, drain off fat from pan, add beer, and cook uncovered until liquid is reduced by two-thirds. Add sauce and gravy and boil well, then add onions and steak, with seasoning and bouquet garni. Cook gently for 2-2 $\frac{1}{2}$ hours, till meat is tender. Serve with boiled potatoes, and with another vegetable if desired.



1

(1) GOULASH

- | | |
|--------------------------------------|-----------------------------|
| 2 onions, sliced | A bunch of herbs |
| 1 $\frac{1}{2}$ lb. beefsteak, diced | Paprika pepper |
| 2 oz. dripping | Salt and pepper |
| 1 $\frac{1}{2}$ oz. flour | $\frac{1}{2}$ pint red wine |
| 1 pint stock | Lemon juice |
| 2 tomatoes, cut up | Creamed potatoes, peas |

Fry the onions and the meat, then add the flour, and brown it slightly. If necessary, transfer to the casserole. Add the stock, tomatoes, herbs (tied in muslin) and enough paprika pepper to flavour. Add salt and a little pepper, cover, and simmer gently on top of the stove or in a moderate oven until tender—about 2 hours. When half-cooked, stir in the wine and a squeeze of lemon juice. Top with rings of piped potato 15 minutes before the end of the cooking time, and raise the oven temperature to brown the potatoes. Just before serving, fill the potato rings with the cooked peas.



2

BRAISED VEAL CUTLETS

- | | |
|---------------------------|-----------------------------|
| 4 veal cutlets | Seasoning |
| 2 oz. butter or margarine | $\frac{1}{4}$ pint red wine |
| 4 oz. chopped ham | Water |
| 1 tbsp. chopped onion | Butter |
| Parsley | |

Trim the cutlets and fry till golden-brown in the fat; fry the ham and onion also. Make a stuffing with the ham, onions and chopped parsley, and season with pepper and salt. Cover the chops with the stuffing, place in a casserole and add the wine and a little water if necessary. Simmer with the lid on for $\frac{3}{4}$ hour, or cook in a slow to moderate oven. Take out the cutlets, and keep them hot while reducing the liquid slightly; just before serving, add a lump of butter to this liquor and replace the cutlets in it.

The cutlets may be served on a bed of creamy mashed potatoes, garnished with peas or asparagus tips; in this case, serve the gravy separately.

(3) PORK AND APPLE PIE

$\frac{1}{2}$ lb. suet pastry	Seasoning
1 lb. lean pork	2 cooking apples, sliced
1 onion	$\frac{1}{2}$ lb. bacon rashers,
1 tsp. chopped thyme	cut in pieces
and sage (fresh if possible)	Stock

Roll the pastry out to fit the top of the casserole. Remove excess fat and cut pork into cubes. Chop onion and mix with the herbs and seasoning. Toss the meat in this mixture, and place it in the casserole in alternate layers with the apple and bacon. Pour a little stock over, and cover with pastry. Cover with greased greaseproof paper, put on lid and cook in a moderate oven for 1 hour; lower heat and cook for another hour.



3

BEEF OLIVES

(See colour pictures on pages 14-15)

1 lb. steak, cut thickly	$\frac{1}{2}$ pint stock
4 oz. veal forcemeat	$\frac{1}{4}$ pint tomato purée
2 oz. dripping	Seasoning
Seasoned flour	A bouquet garni
1 large onion	1 oz. flour
2-3 carrots	Sherry (optional)
1 small turnip	Mashed potatoes
1 stick of celery	

Cut the meat into small, thin slices, measuring about $2\frac{1}{2}$ by 3 inches and $\frac{1}{4}$ inch thick. Beat them thoroughly, then put a little forcemeat on each, roll up and tie with fine string. Melt the dripping in a casserole, dip the rolls into seasoned flour and fry until golden-brown. Remove meat from the casserole, put in the cut-up vegetables, and sauté till rest of fat has been absorbed, then add stock and

tomato purée, lay the olives on the vegetables with seasoning and herbs, and braise for $1\frac{1}{2}$ hours, until meat is tender. Strain off the gravy and thicken with blended flour. Add sherry, if used and re-season. Arrange the olives on the potato, pour the sauce round and garnish with the mixed vegetables.

(4) PINEAPPLE LAMB CASSEROLE

4 lamb chops	8 mushrooms
Dripping	Margarine
8 chipolata sausages	Salt and pepper
4 slices of pineapple	$\frac{1}{2}$ pint pineapple juice

Trim the chops and fry till golden-brown. Lightly brown sausages. Place chops in a casserole, lay a slice of pineapple on each chop and add the sausages. Prepare the mushrooms, leaving them whole, add to



4

the casserole, place a knob of margarine in each one and sprinkle with salt and pepper. Pour in the pineapple juice, cover, and bake in a moderate oven for about 1 hour, or until the chops are tender.

BEEF AND CELERY CASSEROLE

$1\frac{1}{2}$ cups diced celery	1 tsp. salt
3 tbsps. minced onion	A dash of pepper
2 tbsps. butter or margarine	1 tbsp. flour
1 lb. minced chuck steak	$\frac{1}{2}$ pint tomato purée

Sauté the celery and onion in the fat till tender, and place in a casserole. Season and flour the meat, brown in the fat and arrange on celery. Pour the purée over, and bake in a moderate oven 35 minutes.

To make a rather more substantial dish, boil a few suet dumplings separately in stock or water, and place these on top of the minced meat.

(1) VEAL CASSEROLE

1½ lb. leg of veal	½ pint tomato pulp
4 tbsps. oil or lard	½ pint white wine
2 cloves of garlic	2 sprigs of rosemary
Salt and pepper	A strip of lemon rind

Slice the meat or cut it into small pieces. Heat the oil or fat in a casserole and cook the chopped garlic in it until lightly browned. Add the meat and seasoning, and continue cooking until meat is golden-brown. Stir in the tomato pulp, wine, rosemary and lemon rind. Cover tightly, and cook gently in a moderate oven until the meat is tender (about 1-1½ hours).

The dish may be garnished with cooked peas tossed in butter, to which a little chopped parsley or mint have been added.



1

(2) HAM AND BANANA ROLLS

½ pint milk	6 bananas
6 oz. processed cheese	Fried bread cubes
6 slices ham	Parsley
Mustard	

Combine the milk and the processed cheese and heat them in a double boiler, stirring occasionally, until a smooth sauce is obtained. Meanwhile, lightly spread the ham slices with mustard, and then roll them round the peeled bananas. Place the rolls in a shallow casserole and pour the sauce over, cover and bake for 30 minutes in a moderate oven. If the rolls are not browned, remove the lid of the casserole and cook for a few minutes longer. Serve with cubes of fried bread, and garnish with parsley.

This dish does not reheat satisfactorily.



2

PORK CHOPS WITH PRUNE STUFFING

½ lb. prunes	Water
4 lean pork chops,	Margarine or dripping
1 inch thick	Seasoning
2 tbsps. lemon juice	3-4 tbsps. hot water
1 oz. brown sugar	4 potatoes

Soak the prunes in boiling water for 5 minutes, drain and stone. Trim the chops, and make a pocket in each; to do this slit each chop from the bone side almost to the fat. Cut up the prunes with scissors, add the lemon juice, sugar and 1 tbsp. water, and cook together for a few minutes. Stuff the chops and brown them in the fat, then sprinkle with seasoning. Place in shallow casserole, add the hot water and baste with this liquid. Bake in a moderate oven for 30 minutes, add the cut-up potatoes, and cook with the lid on for a further ½ hour, or until tender. If necessary take off the lid for the last ¼ hour, to brown the chops.

STUFFED SPINACH LEAVES

Spinach leaves	Pepper and salt
½ lb. minced beef	Egg to bind
½ lb. minced bacon	Dripping
1 onion, minced	Sliced onion
3 oz. fresh breadcrumbs	Stock or water
½ tsp. chopped thyme	

Wash the leaves and remove any thick stems. Mix together the beef, bacon, onion, breadcrumbs and thyme, season with pepper and salt and bind together with the egg. Shape into croquettes and wrap each in 2 spinach leaves, tying or securing with a cocktail stick. Melt some dripping and fry the onion till light brown, add the rolls and brown these slightly. Add stock to cover bottom of casserole. Cover, and cook for about ¾ hour in a moderate oven, reducing heat if necessary.

(If the casserole is not flameproof, do the preliminary cooking in a saucepan or frying pan.)

POT ROASTS AND HOT-POTS

CHICKEN POT ROAST

Dripping	1 cupful diced carrot
1 boiling fowl, cleaned and trussed	and turnip
2 sticks of celery	Seasoning
6 onions	1 cupful stock

Melt a little dripping in a heatproof casserole and brown the bird. Add the chopped celery, the onions, diced carrot and turnip, sprinkle with pepper and salt, add the stock and cover. Cook in a moderate oven until the chicken is quite tender, basting it occasionally with the stock. The cooking time required for an average-sized bird is $1\frac{1}{2}$ -2 hours.



3

(4) BRAISED BRISKET

3 lb. piece of brisket (on the bone)	4-6 carrots
4-6 onions	Stock or water
4-6 turnips	Chopped parsley

Wash the meat, dry if necessary and remove any excess fat. Place in a large casserole and surround by the prepared vegetables (left whole). Add sufficient stock or water to come half-way up the joint, cover, and cook in a slow oven for $3\frac{1}{2}$ -4 $\frac{1}{2}$ hours, or until the meat is tender; baste occasionally. Serve sprinkled with parsley. It will be more convenient to carve the joint if it is put on a dish.



4

(3) ROAST HAM EN CASSEROLE

A small ham or gammon of bacon	Demerara sugar
1 level tsp. ground ginger	Lard
1 level tsp. paprika	$\frac{1}{2}$ pint rich gravy
pepper	A wine glass of Madeira
	Peaches to garnish

Cut off the ham knuckle bone and remove the skin. Cover the fat thus exposed with a mixture of ginger, pepper and sugar. Place the ham in an earthenware casserole (which if liked may be lined with stoned prunes). Pour over some melted lard to baste, and put on the lid. Bake in a slow oven for 2-2 $\frac{1}{2}$ hours, according to size. When the ham is tender, remove the excess fat, add the gravy and Madeira, and continue to cook for a further 15 minutes. Serve on a dish, surrounded by the peaches, which should be either poached or casseroled in syrup.

POT ROAST OF ROLLED STEAK

1 lb. steak, cut in one piece	2 carrots
Dripping	Chopped fresh herbs
1 stick of celery	1 tbsp. mashed potato
1 leek	Salt and pepper
	Chopped parsley

Lay the steak on a board and beat with a rolling pin to about $\frac{1}{4}$ inch thick. Now make the stuffing: heat $\frac{1}{2}$ oz. dripping and sauté the minced celery, leek and carrots for about 5 minutes, then add a good sprinkling of chopped fresh herbs, the mashed potato and seasoning to taste, and mix well. Place this stuffing in the centre of the steak, then roll the meat over it and tie up securely with string or thread, like a parcel. Place in a strong casserole with a little dripping, and roast in a moderate oven for $\frac{3}{4}$ -1 hour, turning it occasionally. Serve with young parsnips roasted with the meat, and with a rich gravy made with the dripping. Sprinkle with parsley.

(1) LANCASHIRE HOT POT

$\frac{3}{4}$ lb. lean steak	4 onions
$\frac{1}{2}$ tbsp. seasoned flour	$\frac{3}{4}$ pint water
$1\frac{1}{2}$ lb. potatoes	Dripping

Trim the meat and cut it in $\frac{1}{2}$ -in. squares, then toss them in the seasoned flour. Peel the potatoes and cut them into quarters. Slice the onions, and place them over the bottom of a casserole. Place the meat on top, and finally the potatoes, as seen in the picture. Pour the water over, and dot the potatoes with a little dripping. Cover, and bake in a moderate oven for 2 hours, or until the meat is quite tender. About 20 minutes before serving, remove the lid and allow the potatoes to brown.

The picture shows a new attractively decorated enamelled iron casserole, which can be used at table.

RABBIT HOT POT

1 rabbit	$1\frac{1}{2}$ lb. potatoes
Seasoned flour	Chopped parsley
2-3 medium-sized onions	Stock or water

Wash and joint the rabbit, dry, then toss in seasoned flour. Slice the onions, and cut the potatoes into quarters or eighths, according to size. Place a layer of onions in a large casserole, put the rabbit on top, sprinkle liberally with chopped parsley, and cover with onion and potato. Add liquid, nearly covering the rabbit, and cook in a slow oven, covered, for 2-2 $\frac{1}{2}$ hours. Remove cover a short time before serving, to brown the potatoes.

Alternatively, use individual casseroles, in which case the rabbit flesh should be removed from the bone, and only 1-1 $\frac{1}{2}$ hours will be required for cooking.



1



2

FISH AND MUSHROOM HOT POT

1 large plaice or other fish	Salt and pepper
1 oz. margarine	$\frac{1}{2}$ lb. mushrooms
1 oz. flour	1 lb. sliced par-boiled potatoes (cooked in their skins)
$\frac{3}{4}$ pint milk and fish liquor	

Fillet and skin the fish and wash the fillets. Put the fish bones in a pan, cover with water and cook for 15 minutes. Melt the margarine, add the flour and cook for 15 minutes, then stir in the liquid gradually, bring to the boil, and boil for 5 minutes; season to taste. Cut the fillets in half and put a layer of fish at the bottom of a greased casserole, then the peeled mushrooms, then the rest of the fish. Pour the sauce over, and cover with potatoes. Cover, place in a moderate oven, bring to the boil and simmer for 1 hour. Remove lid and brown potatoes.

(2) MUTTON HOT POT

8 mutton chops	2 lb. potatoes
3 sheep's kidneys	Pepper and salt
1 oz. ham	1 oz. dripping
$\frac{1}{2}$ lb. mushrooms	$\frac{1}{2}$ pint stock
1 lb. onions	

Trim the chops, removing any excess fat; wash the kidneys and cut them into thick slices; chop the ham finely. Prepare and slice the mushrooms, and slice the onions and the potatoes. In a deep casserole arrange the meat, kidneys, mushrooms and onions in layers, seasoning each layer with pepper and salt, and sprinkle ham over them. Arrange the potatoes in a layer over the top and season; then dot the potatoes with dripping. Add the stock, cover, and cook in a slow oven for 2 $\frac{1}{2}$ -3 hours; for the last 20 minutes, remove lid and raise heat to brown the potatoes.

These quantities are sufficient for 6-8 persons.

SWEETBREADS, KIDNEYS, OX-TAILS, ETC.

OX-TAIL CASSEROLE

- | | |
|--------------------------|------------------------|
| 1 ox-tail, cut up | A pinch of mixed herbs |
| Dripping | 2 carrots, sliced |
| 2 onions, sliced | 2 tsps. lemon juice |
| 1 oz. flour | A bay leaf |
| $\frac{3}{4}$ pint stock | Seasoning |

Fry ox-tail till golden-brown, then place in a casserole. Fry one onion, then add to meat. Sprinkle flour into fat and brown it, add stock gradually and bring to boil; pour over meat, and add herbs, remaining onion, carrots, lemon juice and bay leaf. Season, cover and cook in moderately hot oven for $\frac{1}{2}$ hour, then reduce heat, and simmer very gently for $2\frac{1}{2}$ -3 hours, or until the ox-tail is tender.

(4) CASSEROLE OF LAMB'S TONGUES

- | | |
|------------------------|------------------------|
| 2 lamb's tongues | 2 large tomatoes |
| 1 oz. dripping | 1 tsp. chopped parsley |
| 1 medium-sized onion | Salt and pepper |
| $\frac{1}{2}$ a carrot | Stock |

Wash the tongues and trim them if necessary. Heat the dripping, fry the sliced onion until golden-brown and place it in the casserole. Add the tongues, grated carrot, sliced skinned tomatoes, parsley and seasoning, and just enough stock to cover. Put into a moderately hot oven, and cook for $1\frac{1}{2}$ hours.

If liked, the tongues may be skinned and then re-heated in the liquor before serving. Grilled or baked bacon rolls make a good garnish for this dish.



4

(3) CASSEROLED KIDNEYS

- | | |
|--------------------|----------------------------------|
| 1 lb. kidneys | Flour |
| 3 small onions | $\frac{1}{4}$ pint stock |
| 2 tbsps. dripping | Mashed potatoes |
| 3 rashers of bacon | Egg or melted margarine to glaze |
| Seasoning | |

Clean the kidneys, remove the core and skin them. Place in cold water, bring to the boil and throw away the water; repeat twice more. Chop onions finely and fry light golden-brown. Place in a casserole, arrange the drained kidneys on top and cover with pieces of bacon. Season and dredge lightly with flour. Pour stock over cover and cook in a moderate oven for 20-25 minutes, or until tender. Meanwhile line a fireproof dish with potato and glaze edge with egg or margarine. Brown slightly in oven. To serve, place kidneys in the dish, and sprinkle with finely chopped parsley or red peppers.

BRAISED SWEETBREADS

- | | |
|-------------------|------------------------|
| 1 lb. sweetbreads | A bouquet garni |
| 1 rasher of bacon | 1 wineglass white wine |
| Margarine | Salt and pepper |
| 1 carrot, sliced | Stock |
| 1 onion, sliced | Juice of 1 lemon |

Prepare and blanch the sweetbreads and place them in cold water. Fry the cut-up bacon in a pan with the margarine, carrot, onion and bouquet garni. Lay the sweetbreads on the vegetables, cover with buttered paper, and then with the lid. Put on a very gentle heat, and after 5 minutes, pour on the wine. Add seasoning and stock to nearly cover the sweetbreads. Cook for 2-3 hours, then remove sweetbreads, cut them into squares and place them on a hot dish. Remove the vegetables and bacon from the casserole and strain the liquid, reduce, add lemon juice and pour this sauce over the sweetbreads.

FISH CASSEROLES

COD À LA CRÈME

(See picture inside front cover)

- | | |
|----------------------------|-------------------------------------|
| 1½ lb. cod fillet | Chopped parsley |
| 3 tbsps. seasoned flour | ¼ pint single cream |
| 2 tbsps. butter | 3 tbsps. milk |
| 4 anchovy fillets, chopped | 2 large or 3 small rashers of bacon |

Prepare the fish and remove the skin. Cut in even-sized pieces and coat with seasoned flour. Melt the butter in a frying pan, add the anchovies and fry for a minute, then add the fish and cook until it is beginning to colour (about 3 minutes). Place in a greased casserole and sprinkle lightly with parsley, then pour the cream and milk over. Cover with bacon (chopped or in rashers), replace lid and bake in moderate oven for 30 minutes.

PIQUANT CRAB CASSEROLES

(See picture inside front cover)

- | | |
|-----------------------|------------------------|
| 1 lb. cooked spinach | 2 tbsps. chopped onion |
| 3 oz. grated cheese | ¼ pint thin cream |
| 6 oz. tinned crabmeat | Seasoning |
| 1 tbsps. lemon juice | 1 tbsps. sherry |

Chop the drained spinach and place it in the bottom of 4 individual casseroles. Sprinkle with half the cheese. Sprinkle the drained crabmeat with lemon juice. Mix together the finely chopped onion, the cream, seasoning and sherry. Divide the crab between the casseroles and pour cream mixture over. Sprinkle with remaining cheese, cover and bake in moderate oven 30 minutes, till bubbles appear.

COD CUTLETS PARMESAN

(See picture inside front cover)

- | | |
|---------------------------|----------------------|
| 2 oz. butter or margarine | 1 tsp. made mustard |
| 4 cod cutlets | 1 level tbsps. flour |
| Pepper and salt | A few tomatoes |
| 2-3 oz. Parmesan cheese | (optional) |

Butter a shallow casserole, arrange the prepared cutlets in it, and season with pepper and salt. Make a paste with grated cheese, mustard, the softened butter and the flour, and spread over the cutlets. Cover, and bake in moderate oven 15-20 minutes. Remove lid, and raise heat slightly to brown the top. A few halved tomatoes may be baked with the fish.

SPICY FISH

- | | |
|---|----------------------------|
| 4 oz. bacon | Cayenne pepper |
| 1½ lb. white fish (cut in large pieces) | 1 tsp. piquant table sauce |
| 3 chopped onions | ¼ pint tomato sauce |
| Salt | ¼ pint water |

Cut the bacon into small pieces and fry until crisp. Pour the bacon fat into a casserole and place in it a layer of fish, a layer of onions, bits of cooked bacon and seasoning. Repeat layers until all the fish has been used. Mix the sauces with the water, and pour over the fish. Cover, and bake in a moderate oven for about ¾ hour.

FILLETS OF PLAICE À LA PORTUGAISE

(See picture inside front cover)

- | | |
|---|-----------------------------------|
| 8 large fillets | 1 tbsps. chopped chives |
| 3 tbsps. butter or margarine | ½ tsp. chopped parsley |
| 4 tomatoes, skinned, seeded, and sliced | 1 glass white wine |
| | 3 tbsps. cream or top of the milk |

Pepper and salt

Skin the fillets, brush with butter and season with pepper and salt, then fold each into three. Place the remaining butter in a pan or shallow flame-proof casserole, add the tomatoes, chives and parsley and cook gently for a few minutes. Arrange the fillets on top, and add the wine, cover and cook in a moderate oven for 20-30 minutes, until the fish and tomatoes are tender. Pour the cream over the fillets and return the dish to a hot oven without the lid, to brown the fish.

If desired, the fish may be cooked on a bed of mashed potatoes; in this case, omit the wine.

CASSEROLE OF FISH AND TOMATOES

- | | |
|-----------------------|----------------------|
| 1 lb. fresh haddock | 1 wine glass of wine |
| 2 shallots | 1 lb. tomatoes |
| Parsley | Tomato purée |
| 1 tin anchovy fillets | White breadcrumbs |
| Pepper and salt | A little margarine |
| 1 lemon | |

Steam the haddock for 5-10 minutes, then skin and bone it. Flake it with a fork and place it in a deep greased casserole. Press it down tightly. Chop the shallots finely, also the parsley and anchovies, mix together, season, and sprinkle with lemon juice. Add wine to make a paste, and spread the mixture over the haddock. Cover with sliced skinned tomato. Spread a little tomato purée over the top, sprinkle with crumbs and dot with margarine. Cover with the lid and cook for 20-30 minutes in a moderate oven.

BUTTERED SALMON CUTLETS

(See colour picture opposite)

- | | |
|----------------------------------|------------------------|
| 4 cutlets of salmon, ½ in. thick | ¼ pint white wine |
| 4 oz. butter | Cucumber |
| Lemon | Pepper and salt |
| | 1 tsp. chopped parsley |

Prepare the cutlets. Melt 2 oz. butter in a casserole and add the cutlets, pour over them the juice of ½ a lemon and the wine, cover with buttered paper and a lid, and cook in a moderate oven for 25-30 minutes, or until the flesh is beginning to come away from the bone. Meanwhile peel the cucumber, remove the seeds and dice the flesh. Cook in boiling salted water until just tender, and drain. Melt the remaining butter in a pan and add the cooked cucumber and seasoning. Arrange the cooked cutlets on a hot dish and garnish with cucumber. Add the parsley to the sauce and pour it over the fish.



POULTRY AND GAME

CASSEROLE OF VENISON

2 sliced carrots	$\frac{3}{4}$ pint stock
2 sliced onions	$\frac{1}{4}$ pint red wine
2 sliced turnips	A bouquet garni
1 celery heart, chopped	Grated rind of 1 lemon
1 cooking apple, chopped	1 tsp. chopped parsley
2 oz. dripping	Seasoning
2 lb. venison haunch	Red-currant jelly

Sauté vegetables and apple in dripping for 10 minutes. Place prepared venison on the top; add the remaining ingredients. Bring slowly to the boil, then cook in slow oven 3-3½ hours, or till tender. Drain off liquor and thicken. Serve the sliced venison on a bed of vegetables, and pour the liquor over.



1

(1) BARBECUED CHICKEN CASSEROLE

3-3½ lb. roasting chicken	$\frac{3}{4}$ pint stock
2 oz. flour	2 tbsps. table sauce
Seasoning	2 tbsps. tomato sauce
Dripping	2 tbsps. chutney
1 sliced onion	1 tin corn on the cob or
A small head of celery	boiled fresh corn
2 green peppers	Butter or margarine

Divide the chicken into joints and coat these in seasoned flour. Fry in hot fat until golden-brown, either in the casserole or a frying pan. Pour away all but 2 tbsps. of the fat, add the onion and sauté it until golden-brown. Add all the other ingredients, except the corn and butter, and bring slowly to the boil. Place, covered in a moderate oven for about 1½-2 hours, or until tender. Sauté the cooked corn in a little butter or margarine, and serve with the chicken. Garnish with sprigs of parsley.

PARTRIDGE EN CASSEROLE À LA CRÈME

Take 2 young partridges, season them and truss neatly. Put them into a deep earthenware dish or casserole with some hot butter, cover with lid and cook them in a moderately hot oven for about 25 minutes, basting occasionally. Just before serving the birds, pour in 2-3 tbsps. cream, and baste the birds with it. Serve in the casserole, first removing the trussing strings to help the carver.

Fry some fingers of bread in butter, spread them with a farce made of the pounded partridge livers, and serve these separately.

An orange salad is always popular with game, together with crisp dressed lettuce and game chips.



2

(2) DEVONSHIRE RABBIT

1½-2 lb. rabbit, jointed	4 carrots, sliced
2 oz. seasoned flour	1 turnip, diced
2 oz. dripping	Mixed herbs
1 tsp. meat extract	$\frac{1}{2}$ pint cider (short
1 tbsp. tomato ketchup	measure)
$\frac{1}{2}$ pint stock	Forcemeat balls
1 onion, sliced	Red-currant jelly

Wash the rabbit, dry and toss in seasoned flour. Heat the dripping and fry the joints lightly, then remove from the fat. Add any extra flour, stir, add meat extract, tomato ketchup and stock, stirring meanwhile, and bring to boil. Add vegetables, rabbit joints and herbs, cover and cook for 1 hour in moderate oven. Add cider and cook for a further hour, or until tender. Serve garnished with forcemeat balls (which should be baked separately in a little fat), and accompanied by red-currant jelly.

(3) CHICKEN AND HAM RISOTTO

3 oz. rice	Seasoning
2 oz. butter or margarine	$\frac{1}{4}$ lb. ham
1 pint stock	$\frac{1}{2}$ lb. chicken
$\frac{1}{2}$ pint tomato purée	Baked tomatoes
	1 oz. Parmesan cheese

Wash the rice and drain it. Melt the fat and fry the rice until golden-brown. Add the stock and tomato purée, season and bring to the boil. Place in a casserole, cook for $\frac{1}{2}$ hour in moderate oven, stir lightly and cook for a further $\frac{1}{2}$ hour, reducing oven heat to "Slow". When all the liquid has been absorbed, add chopped ham and chicken, re-season, reheat and serve with baked tomatoes and grated cheese. The tomatoes may be stuffed with a mixture of grated cheese and white breadcrumbs.



3

BRAISED DUCK WITH MUSHROOM AND ASPARAGUS

(See colour picture on page 2)

1 duck (3½-4 lb.)	2 tbsps. chopped parsley
1 tsp. salt and pepper	$\frac{1}{2}$ lb. sliced mushrooms
2 tbsps. dripping	2 tbsps. butter
1½ pints stock	1½ oz. flour
1 onion	$\frac{1}{2}$ pint red wine
1 bay leaf	Asparagus tips

Wash the duck and dry it thoroughly. Sprinkle with salt and pepper and brown it in the fat, then add the stock, onion, bay leaf, and parsley, and simmer for 1½ hours, or until almost tender. Sauté the sliced mushrooms in butter until tender, stir in the flour and gradually add the duck stock and red wine; cook until thickened, then pour this sauce over the duck. Cover and cook for about 10 minutes. Season, and just before dishing up, add the asparagus tips and heat them through.

CHICKEN MARENGO

(See colour picture on back cover)

1 chicken	2-3 tbsps. sherry
2 tbsps. olive oil or dripping	A few mushrooms
$\frac{1}{2}$ pint tomato purée	Crescents of puff pastry to garnish
$\frac{1}{2}$ pint Espagnole sauce	

Clean the chicken and cut it into joints, removing the skin. Fry the pieces to a golden-brown in the hot oil or dripping, then drain and place in a casserole. Add the tomato purée, sauce, sherry and neatly sliced mushrooms, cover, and simmer gently until the chicken is tender—about 1 hour. Arrange the chicken on a dish, skim and re-season the sauce if necessary, and pour it over. Garnish with sliced mushrooms and pastry crescents.



4

(4) BRAISED PIGEONS

4 rock pigeons	8 carrots (chopped)
Seasoning	A bouquet garni
Flour	A pinch of dried herbs
$\frac{1}{2}$ lb. bacon	Stock and white wine
8 onions (chopped)	Sliced baked tomatoes

Prepare pigeons and dredge with seasoned flour. Cut 4 pieces of bacon to cover the pigeon breasts. Fry the remainder (chopped small) slowly in a thick pan; when browned, remove the bacon and brown the pigeons. Place a mixture of onion, carrot and cooked bacon at the bottom of a casserole. Add pigeons and bouquet garni; cook very slowly for $\frac{1}{2}$ -¾ hour. Add seasoning, herbs and equal quantities stock and wine to come half-way up the birds. Cook in slow oven until pigeons are tender (about 2 hours). Drain off and reduce liquor; remove trussing strings and pour liquor over. Garnish with tomatoes.



Beef Olives: Above, rolling up the pieces of meat
Below: Braising the beef olives on the vegetables





Above: If desired, decorate with piped potato

Below: Garnish the dish with cooked vegetables



VEGETABLE DISHES

(1) MUSHROOM CASSEROLE

- | | |
|-----------------------------|-------------------------|
| $\frac{3}{4}$ lb. mushrooms | 1 sheep's kidney |
| 3 tomatoes | Salt and pepper |
| 1 onion | 1 tbsp. chopped parsley |
| 1 oz. fat | 4 tbsps. stock or water |

Grease a casserole. Peel and stalk mushrooms, skin the tomatoes, cut the onion in rings and fry till golden-brown. Fill the dish with alternate layers of kidney (cut small) and these ingredients; season each layer well, sprinkle with a little parsley and finish with a layer of mushrooms on the top. Add the liquid, and stew gently in a moderate oven until tender (about 30 minutes). As the ingredients shrink considerably during the cooking, pack them closely to allow for this.



1

(2) VEGETABLE CASSEROLE

- | | |
|--------------------|------------------|
| 1 lb. potatoes | 1 onion |
| 1 lb. carrots | 2 oz. lentils |
| 1 parsnip | Seasoning |
| 1 turnip | Stock |
| 2 sticks of celery | Cheese dumplings |

Prepare the vegetables and cut them into neat pieces, place in a casserole and add seasoning and sufficient stock to cover the base of the dish. Next prepare the dumplings using the same mixture as for Cheese Pinwheels—page 29.

Cook the vegetables in a covered casserole for 1-1½ hours in a moderate oven; remove the lid and add additional liquid if necessary. Place the dumplings on top, brush them with egg and bake without the lid in a hot oven for 15-20 minutes or until well risen and golden-brown. Finely grated cheese may be sprinkled over the top before baking.

VICHY CARROTS

(See colour picture on page 2)

Melt 2 oz. fat in a casserole, add 2-3 tbsps. water and 1 lb. sliced young carrots. Cook in a moderate oven till tender ($\frac{3}{4}$ -1 hour). Add a dash of cream and chopped parsley:

BRAISED CELERY

(See colour picture on page 2)

Trim 4 celery hearts and place in greased casserole; dot with 2 oz. butter, add dash of lemon juice and $\frac{1}{2}$ pint stock. Cover with greased paper and lid. Cook in a slow oven for about 2 hours, removing lid after 1 hour. When tender, serve with parsley garnish. If necessary, reduce liquor by boiling.



2

BUTTERED COURGETTES

(See colour picture on page 2)

Parboil the courgettes (whole) in salted water for 5 minutes and drain. Put them in a casserole with 2 oz. melted butter. Cover and cook in a slow oven till tender (about 20 minutes); turn occasionally while cooking. Serve sprinkled with salt, pepper and chopped parsley.

CASSEROLED POTATOES

(See colour picture on page 2)

Peel and cut 8 potatoes into cubes. Sauté 2 lb. chopped onions in 3 oz. butter until nearly tender. Add potato cubes and coat well with the fat. Place in a casserole, add salt and enough stock to cover the base; cover and cook until potatoes are tender. (about 20 minutes). Remove lid for any liquid to evaporate. Sprinkle with paprika and parsley

PUDDINGS FROM A CASSEROLE

CREAMY RICE

Wash 2 oz. rice, place in a casserole and add 1 level tbsp. sugar and 1 pint milk. Cover, place in a moderate oven and cook for $\frac{1}{2}$ hour. Reduce the heat to Slow and cook for 1 hour, or until creamy; stir once or twice during the cooking.

BROWN BETTY

Mix together 4 oz. breadcrumbs, 2 oz. melted margarine, 6 oz. brown sugar and 1 tsp. cinnamon. Stone 1 lb. plums, cut them in halves and place in alternate layers in a greased casserole. Add $\frac{1}{2}$ pint water and bake in a slow oven for $\frac{3}{4}$ hour. Serve with a hard sauce.

Apples, gooseberries, etc., may also be used.



3

(3) PRICKLY APPLES

- | | |
|--------------------------|-------------------------|
| 4 apples | 4 oz. sugar |
| 3 tbsps. sultanas | Creamy rice (see above) |
| 2 tbsps. brown sugar | Toasted almonds |
| 1 oz. butter | Whipped cream |
| $\frac{1}{2}$ pint water | |

Peel and core the apples. Clean the sultanas and mix with the brown sugar and softened butter. Stuff the apples with this mixture and place them in a casserole with the water and 4 oz. sugar. Cover and cook in a moderate oven for $\frac{1}{2}$ hour, basting with the sugar syrup; reduce the heat, and continue to cook for a further $\frac{1}{2}$ hour, or until the apples are tender. Drain off the syrup and boil in a small pan until slightly coloured (to make a glaze); meanwhile arrange the apples on a bed of creamy rice, and stud with strips of toasted almond. Pour the glaze over and serve with whipped cream.

APPLE-ANNA

- | | |
|----------------------------|-----------|
| 3 apples | 1 banana |
| 5 level tbsps. brown sugar | Margarine |

Peel and slice 1 apple, place it in a casserole and sprinkle with 2 tbsps. of the sugar. Slice the banana and arrange on top of the apple, then slice the remaining 2 apples and arrange over the banana. Sprinkle with the remaining sugar and dot with a little butter. Cover, and bake for 20 minutes, then take off the lid and bake for about 15 minutes, or till fruit is tender. Serve warm, topped with cream.

If desired, top with meringue mixture and dust with castor sugar about $\frac{1}{2}$ hour before end of cooking time, and colour lightly in a slow to moderate oven.



4

(4) APRICOT CREAMS

- | | |
|----------------------------------|-------------------------------------|
| $\frac{1}{2}$ lb. dried apricots | $\frac{1}{2}$ pint cream or custard |
| Water | Blanched almonds |
| 1 orange | Glacé cherries and |
| 4 tbsps. honey | angelica |

Soak the apricots for about 1 hour in just sufficient water to cover them. Peel and chop the orange finely and add it to the apricots. Cook in a covered casserole in a moderate oven for about $1\frac{1}{2}$ -2 hours, or until the apricots are soft, by which time nearly all the water should have been absorbed. Sieve the fruit, add the honey and leave to cool. Whip the cream or custard. If cream is used add half of it to the fruit; if custard is used add it all. If necessary sweeten with a little sugar. Pile the mixture into lemon skins cut in half or sundae glasses and top with the remaining cream, chopped almonds, glacé cherries and angelica.



CURRIES

Although most people in this country are content to use reliable ready-prepared curry pastes and powders, in the East the cook himself pounds together the ingredients which are needed to flavour the curry. To a certain extent we can follow this example by including in our curries the spices and condiments available in specialised shops, which give scope for considerable variation.

Those who wish to try making their own curry powder can buy the separate spices in both whole and ground form (see recipe on page 26). These, like curry powder, will keep for several months if stored in an airtight jar.

(1) CURRIED LAMB

Remove the bone and excess fat from 1½ lb. lamb and cut the flesh in even-sized pieces, about 2 in. square; dredge with flour. Melt 4 oz. butter or margarine, add the meat, a clove of garlic (minced) and 2 large onions (sliced); brown slightly, stirring constantly. Add 2 chopped apples and 2 tbsps. curry powder and cook 5 minutes longer. Add ¾ pint cold water, 2 oz. chopped skinned almonds, ½ tsp. grated lemon rind and 2 tbsps. shredded coconut. Bring the mixture to the boil, reduce the heat and simmer gently for about 1 hour, or until the meat is tender.



1

2

Curry powders need thorough cooking, especially during the preliminary frying, to remove the peculiar raw flavour. Always cook curries slowly to extract the richness which is so characteristic of this dish. The main ingredients should be so prepared that the curry can be eaten with a spoon.

Indian curry is rarely thickened with flour—the long cooking should give the sauce the required consistency. Remember also that the onions and garlic should not be allowed to brown during the frying: to prevent this, cook them slowly with the lid on.

In some recipes apples (a substitute for mangoes), almonds, sultanas, etc., are included, but not in Indian curries. Although in this country rice is used to garnish a dish of curry, in India the two are never served on the same dish.

Iced lager or a light white wine are the usual drinks to serve with curry.

(2) CURRIED MEAT BALLS

Pound together: 2 cloves of garlic, 1 tsp. chopped preserved ginger, 1 tsp. fennel, 1 tsp. cinnamon, 4 cloves, and 6 peppercorns. Add these to 1 lb. minced beef, ½ lb. bread, soaked in milk and squeezed chopped onion, lemon juice and salt, using an egg to bind them together. Shape into balls, coat with egg and crumbs and fry until golden-brown. Drain and cook in a sauce made as follows: Fry 1 chopped onion with 1 clove of garlic in a little oil. When beginning to brown, add 1 tbsp. of curry powder, 1 tsp. ginger and 1 tsp. turmeric; cook for 5 minutes. Pour over ½ pint coconut milk and simmer until thick and creamy. Add salt to taste. Put in the meat balls and cook gently for 5 minutes, add the lemon juice and then simmer for a further 15 minutes.

Serve with boiled rice to which a little finely chopped parsley has been added.

CURRIED CRAWFISH

1 tin of crawfish	Salt
1 small onion	$\frac{1}{4}$ tsp. curry paste
1 small apple	1 tsp. chutney
1 oz. dripping	1 oz. sultanas
$\frac{1}{2}$ oz. rice flour	1 tsp. lemon juice
1 tsp. curry powder	2 tbsps. top of the milk
$\frac{1}{2}$ pint stock	Dry boiled rice

Cut the crawfish in neat pieces. Chop the onions finely, also the apple. Melt the dripping and fry the onion, then fry the apple, the flour and the curry powder. Add the stock gradually, stir until boiling, then add the salt, curry paste, chutney, sultanas and lemon juice. Cover and simmer for 1 hour, stirring frequently. Add the fish, reheat, and stir in the top of the milk. Serve with rice.

NUT CURRY

4 oz. mixed nuts	1 tsp. curry paste
1 oz. dripping	Seasoning
$\frac{1}{2}$ an apple, chopped	$\frac{3}{4}$ pint milk
1 tsp. chopped onion	1 oz. sultanas
1 small potato, diced	1 dessertsp. flour
1 tsp. curry powder	Boiled rice

Roast the nuts in a hot oven for a few minutes and chop them. Melt the dripping in a saucepan and fry the apple, onion, nuts, and the potato. Add the curry powder, the curry paste, and the seasoning. When thoroughly blended, stir in the milk, add the sultanas, and simmer gently for $\frac{1}{2}$ hour, or until the potato is cooked. Add the blended flour and boil for a further 5 minutes. Dish with a border of boiled rice, and garnish with hard-boiled egg.



(1) CURRIED PEAS

$\frac{1}{2}$ lb. split peas	1 tbsp. vinegar
$\frac{1}{2}$ lb. sliced onions	2 oz. chopped dates
Dripping	1 tbsp. red-currant jelly
2 heaped dessertsp. curry powder	4 hard-boiled eggs

Wash the peas, place in a pan of salted water and boil for 17-20 minutes, stirring occasionally to prevent them sticking. Drain, and keep the liquid. Fry the onions in dripping till golden-brown, add the curry powder, blended with vinegar and a little water, also the dates and red-currant jelly. Continue to cook very slowly for about 10 minutes. Add the peas and cook for 2-3 minutes. Place in a casserole and add sufficient liquid from the peas just to cover, place the halved eggs on top and cover with the lid. Cook for 40 minutes in a moderately hot oven. Serve with rice and sliced banana.

(2) CURRIED RABBIT

1 lb. cooked rabbit	1 dessertsp. desiccated coconut
$\frac{1}{2}$ lb. sliced onions	1 level dessertsp. flour
A little dripping	Rabbit stock
3 dessertsp. curry powder	4 oz. dry cooked rice
1 dessertsp. ground almonds	A few gherkins

Remove the rabbit flesh from the bones. Fry the sliced onions in a little dripping till golden-brown, add the curry powder, almonds, coconut and flour and continue to fry for about 10 minutes over a low heat. Add enough rabbit stock to give the required consistency, and continue to cook slowly for 1 hour. Add the rabbit, and heat through for about 20 minutes. To serve the curry, prepare a border of hot rice, fill the centre with curry and garnish with gherkin fans. (Slice the gherkins downwards nearly to the end and open out.)

(3) CURRIED SHRIMPS

1 finely chopped shallot	$\frac{1}{2}$ pint picked shrimps
or spring onion	2-3 tbsps. cream
1 oz. butter	$\frac{1}{2}$ tsp. lemon juice
1 tsp. curry powder	Salt
2-3 tbsps. stock	

Fry the shallot in the butter until golden-brown; add the curry powder and cook for 3 minutes. Pour in the stock and bring to the boil, then simmer gently for 15 minutes. Add the shrimps, cream, lemon juice and seasoning. Heat through and serve with rice to which a few sultanas, toasted almonds and chopped hard-boiled egg have been added; alternatively, use as an hors d'oeuvre.

If fresh shrimps are not available, the tinned or frozen variety may be used in this recipe.



3

CALCUTTA BEEF CURRY

1 lb. lean beef	A pinch of ginger
1 pint water	1 oz. butter or
1 level tbsp. ground	margarine
coriander seed	$\frac{1}{2}$ pint thick coconut
1 level tsp. ground	milk
turmeric	1 onion, sliced
1 level tsp. ground	1 crushed clove of
chillies	garlic
A pinch of black pepper	Salt and lemon juice

Remove any fat from the meat, cut it into pieces and simmer in the water until just tender. Mix together the ground ingredients and pepper and make a paste with a little coconut milk. Fry the onion and garlic till tender, and add the paste, then continue to fry for a further 3-4 minutes. Add the meat and a little stock, bring slowly to boil and add the coconut milk, salt and lemon juice.

(4) CURRIED EGGS

4 hard-boiled eggs	1 oz. flour
2 small onions	$\frac{1}{2}$ pint stock
A small piece of apple	Salt
2 oz. butter	2 tbsps. lemon juice
1 tsp. curry powder	4 oz. rice

While the eggs are still hot, cut 2 into small pieces, and the others into wedges. Chop finely the onions and apple. Melt the butter, fry the onion lightly, add the apple, curry powder and flour, and cook for a few minutes. Gradually add stock, seasoning and lemon juice. Boil up and skim, then simmer this sauce for about $\frac{1}{4}$ hour. Put the cut-up egg into the sauce, and when heated place in a hot dish, surrounded by rice, then decorate with the egg wedges. Serve with lemon, preserved ginger, coconut, etc.



4

BENGAL CURRY

4 oz. butter, margarine	A good pinch of saffron
or dripping	1 tbsp. lemon juice
5-6 oz. thinly sliced	1-1 $\frac{1}{2}$ lb. tender meat or
onion	parboiled chicken,
1 clove of garlic	cut in pieces
2 tbsps. curry powder	1 tsp. salt
1 dessertsp. mixed spice	$\frac{3}{4}$ pint stock

Heat the fat, fry the onion and crushed garlic until well browned, then add the curry powder, spice, saffron and lemon juice, and fry again for 5-10 minutes. Add the meat or chicken, salt and stock, and cook, stirring intermittently, for about $\frac{1}{2}$ hour, by which time the stock should be partly absorbed and the curry thickened. Serve with boiled rice.

If the meat is not very tender, cook it first and fry it until lightly browned before adding it to the curry. Chicken should be boned before it is added.

DRY CURRIES AND ORIENTAL CURRIES

(1) DRY TRIPE CURRY

- | | |
|-----------------------------------|--------------------|
| 1 lb. tripe | 1 dessertsp. curry |
| 1 onion, sliced | paste |
| $\frac{1}{2}$ tsp. chopped ginger | 1 tbsp. shredded |
| 2 fresh or pickled | coconut |
| chillies | Salt to taste |
| Oil for frying | Lemon juice |

Wash the tripe and cut it in 2-in. pieces, cover with water and simmer gently until cooked, then drain. Sauté the onion, ginger and halved chillies in a little oil for 3-4 minutes. Add the curry paste and coconut. Mix thoroughly, add the tripe and warm through over a very low heat, stirring frequently to prevent it catching. Add salt and lemon juice to taste.



1

MADRAS CURRY

(See colour picture on page 27)

- | | |
|------------------------------------|----------------------------------|
| 2 oz. chopped almonds | A very small piece of |
| 2 oz. margarine or fat | cinnamon stick |
| 2 chopped onions | $\frac{1}{2}$ tsp. ground cloves |
| 1 clove of garlic | 1 dessertsp. flour |
| 1 tsp. ground coriander | 1 pint stock or water |
| seed | 1 lb. meat (cut small) |
| 1 tsp. black pepper | 1 dessertsp. turmeric |
| $\frac{1}{2}$ tsp. ground chillies | powder |
| $\frac{1}{2}$ tsp. ground cumin | 1 tsp. sugar |
| seed | Salt to taste |
| $\frac{1}{2}$ tsp. ground cardamon | Juice of 1 lemon |

Infuse almonds, leave 15 minutes, then strain. Melt fat and lightly fry onions and garlic. Add spices, flavourings (except turmeric) and flour, cook 5 minutes, add stock and meat. Simmer till tender—1½-2 hours. Add infusion of almonds, turmeric, sugar and salt, and simmer for 15 minutes. Add the lemon juice, and serve with boiled rice.

(2) DRY CHICKEN CURRY

Prepare and joint a chicken. Fry lightly 2 finely chopped onions and 2 chopped garlic cloves in fat for 2-3 minutes. Add 2 dessertsp. curry paste and 1 dessertsp. tomato paste or purée, and continue frying for another 2-3 minutes. Now add the chicken, mix well, cover the pan closely and simmer until the chicken is cooked; the pan must be constantly watched, as the curry is likely to catch; if necessary a very little water may be added to prevent sticking. Add salt and lemon juice to taste, and 1 tbsp. desiccated coconut to absorb the excess gravy. Serve with plain boiled rice, and with accompaniments as desired—see pages 24-25.



2

CEYLON PRAWN CURRY

(See colour picture on front cover)

- | | |
|-------------------------|--------------------------|
| 1 pint prawns or 1 doz. | 1 tsp. salt |
| Dublin Bay prawns | 1 tsp. sugar |
| 2 oz. margarine | 1 tsp. ground cloves |
| 1 onion | 1 tsp. ground |
| 1 clove of garlic | cinnamon |
| 1 tbsp. flour | 2 oz. coconut, infused |
| 1 dessertsp. turmeric | $\frac{1}{2}$ pint stock |
| powder | 1 tsp. lemon juice |

Shell the prawns. Melt the margarine and add the finely chopped onion and garlic. Fry them lightly, then add the flour, turmeric, salt, sugar, cloves and cinnamon. Cook gently for 10 minutes, then add the strained coconut infusion (see page 26) and the stock. Simmer gently for 10 minutes, add the cooked prawns and lemon juice and re-season as necessary. Cook for a further 10 minutes, then serve with rice. Garnish with a few prawns, heated separately.

DRY VEAL CURRY

- | | |
|-----------------------|--------------------------------|
| 1 lb. lean veal | 1 tsp. curry paste |
| 2 medium-sized onions | Salt to taste |
| 1 clove of garlic | A few pickled gherkins |
| 1 oz. fat | 1 dessertsp. chutney |
| 2 tps. curry powder. | Juice of $\frac{1}{2}$ a lemon |

Cut the meat into small pieces. Chop the onions and garlic very finely and fry them lightly in the hot fat. Add the curry powder and paste, and cook thoroughly for 3-4 minutes. Add the meat, season to taste with salt, and cook until nicely browned. Add the gherkins, chutney and lemon juice, and cook slowly for 2-2½ hours. Serve garnished with cut lemon and accompanied by boiled rice.



3

(3) DECCAN DUCK CURRY

- | | |
|----------------------------|---------------------------|
| 1 duck | 2 cardomons |
| 2 oz. butter or margarine | 3 dessertsp. curry powder |
| 1 onion, sliced | Water |
| 1 clove of garlic, crushed | Coconut milk |
| 2 cloves | Salt |
| 2-in. stick cinnamon | Lemon juice |

Divide the duck into joints. Melt the butter and fry the onions and crushed garlic till just tender. Pound together the cloves, cinnamon and cardomon seeds, add the curry powder and mix thoroughly. Add to the onion, and continue to cook slowly for a further 5 minutes. Add the duck, and sufficient water to form a thickish sauce. Mix well, cover the pan and simmer on top of the stove or in a moderate oven till the duck is tender—this will take about 1½ hours. Add 2 tps. thick coconut milk, salt and lemon juice to taste, just before serving.

(4) BINDALOO CURRY

- | | |
|---------------------------|----------------------------|
| 6 medium-sized onions | 1 lb. steak |
| 4 oz. butter or margarine | $\frac{1}{2}$ pint vinegar |
| 2 tps. curry powder | Salt |

Slice the onions, and with the lid on brown them for 5 minutes in half the butter. Add the curry powder and continue to fry for a further 5 minutes. Cut the steak in pieces, removing any excess fat, and brown it slightly in the remaining butter; then add to the onions and curry powder. Gradually add the vinegar, with a pinch of salt, and simmer slowly for 2 hours, or cook in a slow oven. Garnish with gherkins sliced lengthwise and sliced olives. Serve with plain, boiled rice.



4

DRY BEEF CURRY

(See colour picture on page 18)

- | | |
|------------------------------------|-----------------------------------|
| 1 lb. beefsteak | Tamarind water or weak vinegar |
| 1 tbsp. ground coriander | 2 oz. dripping |
| 1 tsp. turmeric | 1 onion |
| 1 bay leaf | 1 clove of garlic |
| 2 cloves | 1 tsp. curry paste |
| $\frac{1}{4}$ tsp. ground chillies | $\frac{1}{2}$ pint stock or water |
| $\frac{1}{2}$ tsp. cumin seeds | Salt to taste |
| A pinch of ground cinnamon | |

Cut the beef into neat pieces. Mix together spices and tamarind water or vinegar to form a paste. Melt fat and fry chopped onion and finely sliced garlic, then fry the curry pastes very thoroughly, stirring well. Add the meat and cook it slowly, continuing to stir. Now add the liquid, cover the pan and cook gently for another hour. Season if required. The meat should have absorbed all the liquid.

ACCOMPANIMENTS FOR CURRIES

Besides rice, these include chapattis, Bombay ducks, pappadums, chutneys, pickles and sambols. Some are usually bought ready prepared, like Bombay ducks and pappadums; others can be made at home, and recipes for these are given below. Sambols are the equivalent of hors d'oeuvre. They are served along with the curry in small dishes such as scallop shells, cocotte dishes, Indian silver bowls, etc., which are grouped either on a large tray or in the centre of the table. Each guest is given a large dish, and takes a little of everything.

Other suitable accompaniments which need little or no preparation are gherkins, water-melon, sliced bananas, Guava jelly, green olives, preserved ginger, shredded coconut and pickled mangoes.



1

(1) CHAPATTIS

(See also colour picture on page 18)

This is an unleavened Indian bread eaten with curry. It is made from wholemeal flour and water mixed to a soft dough. Roll the dough out thinly, cut into 4-5 in. rounds and fry in smoking hot oil until well puffed up and brown. Drain well and serve at once.

POTATO SAMBOL

Cut several cold potatoes in cubes and blend lightly with chopped green chillies, a little finely chopped spring onion and olive oil. Season and add lemon juice.

EGG SAMBOL

Slice or quarter a few hard-boiled eggs; blend lightly with the ingredients given in the recipe for Potato Sambol, but use red chillies instead of green.

(2) PAPPADUMS

(See also colour picture on page 18)

These should be fried in oil or hot fat for a minute. Press the pappadum down for a second so that it will puff up evenly and not curl. Turn after a few seconds. Drain on a cloth or absorbent paper.

TOMATO OR ONION SAMBOL

Skin and slice several tomatoes, or very thinly slice some onions; mix them with fresh or pickled green chillies, cut lengthwise, a pinch of ground red chillies, and salt and lemon juice to taste. If tomatoes are used, sprinkle them with freshly grated coconut or desiccated coconut, and a little chopped onion.



2

HOT INDIAN CHUTNEY

3 lb. cooking apples	4 oz. salt
3 lb. marrow	$\frac{1}{2}$ oz. chillies
2 lb. plums	$\frac{1}{2}$ oz. cloves
3 lb. tomatoes	$\frac{1}{2}$ oz. white peppercorns
2 lb. onions	2 oz. mustard seed
$\frac{1}{2}$ lb. shallots	$\frac{1}{2}$ oz. bruised root ginger
$\frac{1}{2}$ lb. garlic	3 pints vinegar
2 lb. sugar	

Boil the apples until beginning to soften. Chop the rest of the fruit and vegetables and sprinkle with sugar and salt. Leave to stand for 12 hours. Tie the spices in a bag, then place all the ingredients in a pan and bring to the boil and simmer gently for about 8 hours. If possible this chutney should be stored for several months before using; this ensures that the flavour of the ingredients matures fully.

For a less pungent chutney, use only $\frac{1}{4}$ lb. garlic.

ORIENTAL CHUTNEY

2½ lb. dried apricots	2 oz. salt
1 lb. dried peaches	½ lb. garlic
1 lb. stoned dates	1 oz. ground cloves
2 lb. sultanas	1 oz. cinnamon
1½ lb. seedless raisins	½ tsp. Cayenne pepper
1 lb. currants	2 pints vinegar
6 lb. Demarara sugar	

Mince or cut into small pieces the apricots, peaches and dates. Wash all the dried fruits. Cover with water and stew until tender and thick. Add the rest of the ingredients and boil rapidly, stirring well, for about ½ hour, or until the contents of the pan are thick. Taste and add more salt if required. Put into hot jars, cover and store 6 months before using.

If dried apricots are not available, use twice the quantity of fresh fruit, and a little less water.

To Re-heat Cold Rice: Any plain boiled rice which is left over may be re-heated quite satisfactorily by putting it in a pan of boiling salted water, stirring and bringing to the boil. Drain well before serving.

(4) BOMBAY DUCK

(See also colour picture on page 18)

This is a popular sambol to accompany any curry. The smell when baking or frying the duck is rather unpleasant, but it is an attractive appetiser, either served broken in small pieces or crumbled and sprinkled over the curry.

Bake the pieces of duck in a hot oven until crisp and brown. If necessary flatten them during cooking. The duck may also be fried in hot fat and then drained before serving. Bombay duck is also used as an ingredient in recipes for some sambols.



3

(3) BOILED RICE

(See also colour picture on page 18)

Use if possible unpolished Patna rice and wash it thoroughly first.

First Method: Soak the rice in cold water for 15-20 minutes; drain. To every 8 oz. rice allow 3 pints of water for cooking. Bring the water to the boil, add 1 tsp. salt and the rice. Stir to prevent the rice sticking, then boil rapidly for 9-12 minutes, or until the grains are soft. Pour the contents into a colander and empty a small cup of cold water over it; drain thoroughly. Lift the rice with a spoon and serve.

Second Method: Soak the rice for about 1 hour, drain. Place in a shallow pan with a close fitting lid. Add a little salt and enough boiling water to come about 1 in. above the rice. Cover and place over a slow heat until the liquid has been absorbed and the rice is tender—it should then be ready for use.



4

CUCUMBER SAMBOL

Fry a chopped onion and a clove of garlic in a little oil until soft, but not coloured. Add chopped cucumber and a little crumbled Bombay duck, curry powder, lemon juice and a little coconut milk. Simmer gently until the cucumber is soft. Serve either hot or cold.

DHALL

(See colour picture on page 18)

To 4 oz. red lentils allow ½ pint water, 1 medium-sized onion and a little seasoning. Wash the lentils but do not soak them, put into the cold water, add seasoning and cook very slowly until the lentils are soft. Meanwhile chop the onion and fry it in a little dripping until tender. Drain the lentils, add the onion to them and beat a knob of butter into the mixture. Serve in a separate dish.

(1) CURRY POWDER

1 oz. turmeric	2 oz. cumin seed
1 lb. coriander seed	1½ oz. fenugreek
oz. red chillies	1 oz. powdered ginger
oz. black pepper	¼ oz. poppy seed

The strength of curry powder is a matter of individual taste and it is often more satisfactory to mix your own rather than to use the bought variety.

If not already powdered, crush the ingredients in a pestle and mortar and mix them all well together. Sieve to remove any imperfectly crushed seeds and pound these again, then add to the mixture. Stored in an airtight jar, curry powder will keep quite satisfactorily. This recipe is for a powder of medium strength; a hotter one can be made by increasing the quantity of chillies.



1

(2) COCONUT MILK

Coconut and infusions of coconut are used in a number of Indian recipes, both as an ingredient (as in Ceylon Prawn Curry on page 22) and as an accompanying side dish.

Fresh coconut gives a more mellow and richer result when used for coconut milk, although desiccated coconut is quite satisfactory. To prepare the milk, grate the coconut flesh and pour over enough boiling water to cover the nut. Leave to stand for 20-30 minutes to make an infusion, then squeeze the liquid out through a fine strainer. A thinner milk can be obtained by using the grated coconut a second time.

The coconut may be dried slowly and used as a separate accompaniment, or may be added to a curry



2

CURRIED TURBOT

1 lb. turbot	1 small onion
2 oz. desiccated coconut	1 small piece of stem ginger
1 tbsp. vinegar	2 tsps. curry powder
¼ pint water	1 level tsp. cinnamon
Seasoning	1 bay leaf
Turmeric	1 bay leaf
Butter or margarine	Dry boiled rice and sliced gherkins
1 clove of garlic	

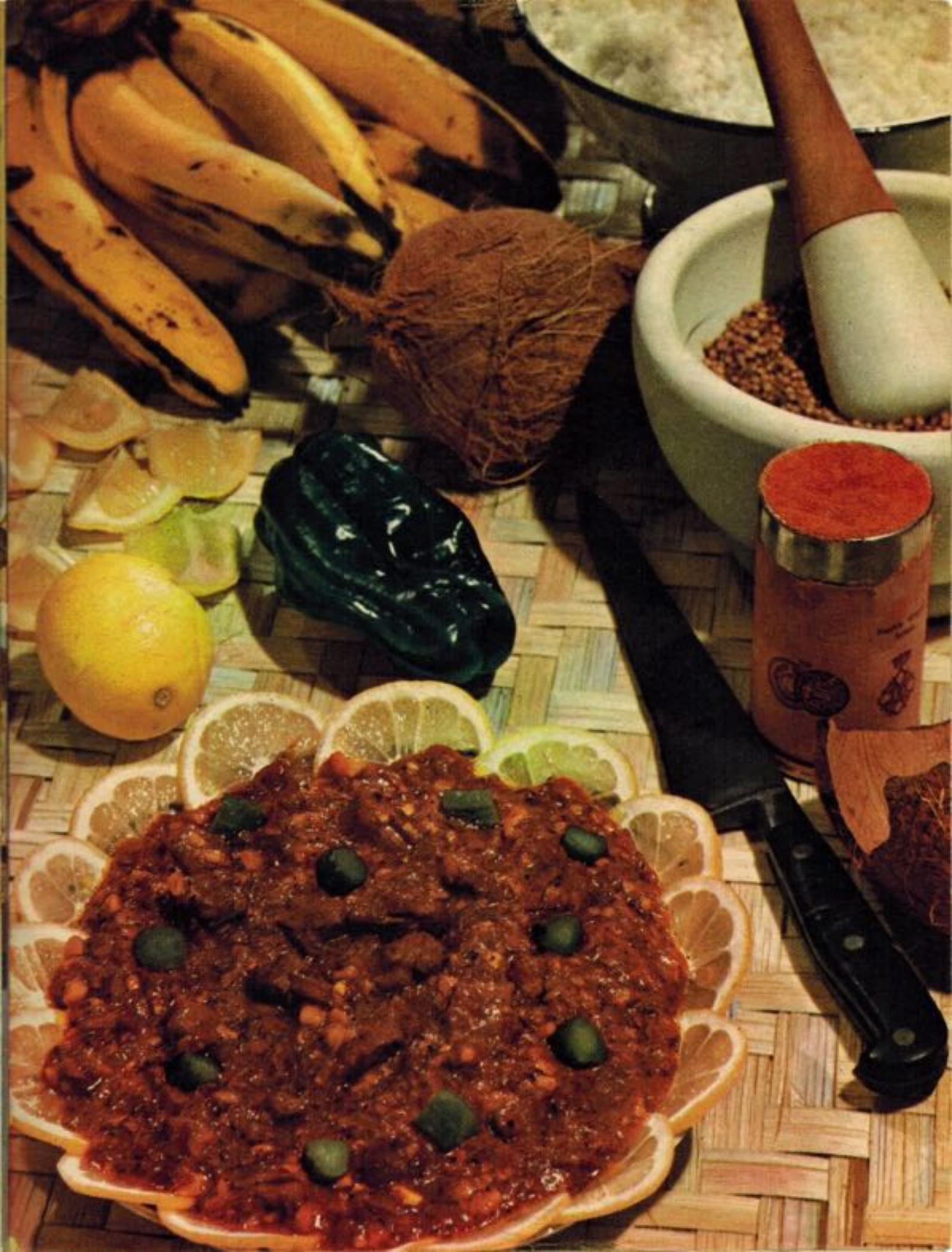
Prepare the fish. Soak the coconut in the vinegar and water. Season the turbot with pepper, salt and a little turmeric. Fry the fish lightly in butter. Remove the fish from the pan, add the chopped onion, ginger and garlic; fry until soft, then add the curry powder, cinnamon and bay leaf and cook for a few minutes. Add coconut and bring to boil, stirring. Return fish to pan, cook gently till tender (½ hour), break up fish, garnish with rice and gherkin.

CURRIED MINCED BEEF

¾ lb. cooked meat	½ pint meat stock,
2 medium-sized onions	vegetable water or
1 oz. dripping	coconut milk
2 level dessertsp.	Seasoning
curry powder	1 tbsp. chutney
1 level dessertsp. flour	2 oz. sultanas

This is a good way of making an attractive curry using left-over cold meat.

Mince the meat. Prepare and chop the onions. Melt the dripping and fry the onion for a few minutes. Add the curry powder and flour, and cook for 5 minutes, stirring meanwhile. Add the stock, bring to the boil, and add the seasoning, chutney and sultanas. Continue to simmer for 30 minutes, stirring occasionally. Add the minced meat, and heat through for a few minutes, adding a little stock if necessary. Serve with rice.



'TOPPINGS' FOR CASSEROLES

DUMPLINGS

6 oz. flour
1½ tsps. baking powder
½ tsp. salt
A pinch of mixed herbs
Pepper
1½ oz. margarine or suet
Cold water to mix

Mix the dry ingredients together, and if margarine is used, rub it in; suet should be mixed with the dry ingredients. Mix to a firm, light dough with cold water, and divide into equal-sized balls. Place these on top of the meat, etc., in the hot stew, cover and cook for 25 minutes.

As an alternative flavouring, add pieces of chopped bacon and a little freshly chopped parsley to the dumplings before cooking.

RICE BALLS

3 oz. rice
½ pint milk and water
Salt
Pepper
½ oz. butter
1 egg
A little flour

This unusual garnish, which is particularly suitable for fish casseroles, is cooked separately and added to the dish just before serving.

Clean the rice and cook it in the milk and water until soft, by which time the liquid should have been absorbed. Season, add the butter and a beaten egg and beat all together. Place on a plate to cool, and when firm, shape into balls, using a little flour. Cook for about 10 minutes in boiling stock, then drain.

CHEESE TOPPING

This is suitable for a vegetable casserole. Cut thin slices of processed cheese and place these overlapping each other across the top; brown in a hot oven. Alternatively, toast slices of bread on one side only, spread with a little mustard on the other and cover with sliced cheese as above. Place on top and brown in a hot oven.

An excellent finish for a creamy fish casserole is a mixture of equal quantities of grated cheese and breadcrumbs (fresh are better than dried), spread in a thick layer over the cooked dish, and browned in a hot oven or under the grill.

BAKING GUIDE

Oven heats in the recipes in this book are described by such terms as "Slow," "Moderate," "Hot," etc. and the following table indicates corresponding temperatures, and also the setting for the standard thermostats fitted to modern cookers.

Oven description	Approx. temp., also electric oven setting	Standard gas thermostat
Very slow ..	250° F., 275° F.	½, 1
Slow ..	300° F., 325° F.	1, 2
Moderate ..	350° F. 375° F.	3, 4 5
Moderately hot	400° F., 425° F.	6, 7
Hot ..	450° F., 475° F.	8, 9
Very hot ..	500° F.	10



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(1) SCONE TOPPING

8 oz. self raising flour	A little milk
2 oz. margarine	1 egg yolk
Salt	Filling if desired
Pepper	

These form a good, satisfying substitute for potatoes. Sieve the flour and rub in the margarine. Add a pinch of salt and some pepper, with sufficient milk to give a soft, pliable dough. Roll out to about $\frac{1}{4}$ - $\frac{1}{2}$ in. thick and cut into rounds. Put these on top of the cooked casserole, brush with egg and milk, and cook in a hot oven for about 15 minutes.

If desired, cut thinner rounds of the scone dough, and sandwich together in pairs with vegetable extract or cream cheese before baking as above.



1

BREAD OR CRUMB TOPPING

Squares of fried bread or fried crumbs make a pleasantly crunchy topping suitable for various casserole dishes. To prepare the crumbs, melt $\frac{1}{2}$ oz. butter for every 2 oz. fresh breadcrumbs, mix together and fry over a gentle heat until golden-brown, stirring constantly. Spread on top of the casserole.

POTATO TOPPING

These are used in many different ways to top casseroles and stews, etc. Sliced or quartered, they are traditionally used on hot-pots, while if cubed and fried they are excellent on top of fish casseroles.

Duchesse potato, piped in stars or rings, gives a crisp and attractive finish to many dishes. As a simpler alternative, pipe creamy mashed potato on a casserole dish, glaze it with beaten egg and brown in a hot oven for 10 minutes just before serving.

CHEESE PINWHEELS

4 oz. flour	2 oz. butter or margarine
3 tps. baking powder	4 oz. sieved dry mashed potatoes
1 tsp. salt	
Pepper	3-4 oz. grated cheese

Mix together the flour, baking powder and seasoning, and rub in the fat very thoroughly with the fingertips, until the mixture resembles fine breadcrumbs. Add the cheese, then the potatoes, and knead lightly. Roll up like a Swiss roll, and slice $\frac{1}{4}$ in. thick.

Use this mixture as a crust over a meat or vegetable casserole: 15-20 minutes before the casserole is cooked, take it from the oven, remove the lid and place the raw pinwheels on top. Bake for 15-20 minutes at the top of a hot oven, with the lid off.



2

(2) PASTRY TOPPING

Crescents of puff or flaky pastry add elegance to such dishes as Chicken Marengo, while a lattice of short-crust pastry (see picture above) is a quick finish for savoury mince and similar dishes.

BACON ROLLS

These are generally cooked separately and put on top of the casserole just before serving; alternatively, they may be baked on top of the dish, being added about 30 minutes before the end of the cooking time.

Choose thinly sliced streaky bacon. Remove the rinds, cut the rashers into strips about 2 in. long, press with a knife to flatten the pieces and obtain a good shape, then roll them up and put on a skewer. Cook until crisp, either in a tin in the oven (about 20 minutes) or under a slow grill (5-10 minutes), turning the rolls occasionally while cooking.

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